

April 3, 2022

Northcrest News

Northcrest Community
Over 55 years of service to older adults
in the Greater Ames Community

The Week at a Glance!

Sunday, April 3

12:30 Sunday Lunch
2:00 Hymn Sing
7:00 Sunday Series, Hank Kolar,
Grand Room


Monday, April 4

9:00 Bus to Fareway North



Tuesday, April 5

 9:30 Tuesday Coffee, Hosts —Parkway
The Crest is open: 12-2 & 4:30-7
1:30 Hearing Aid Maintenance

Wednesday, April 6

 10:00 Blood Pressure Clinic
10:00 Book Club, LIB
11:15 Bus to Clouds for lunch
The Crest is open 12-2 & 4:30-7
3:00 Bus to ALDIs

Thursday, April 7

 9:45 Bus to O.W.L.S.
10:00 Writers' Group
The Crest is open: 12-2 & 4:30-7
4:00 Lavone Newell, piano, Green Rm
6:00 Game Night, LIB 

Friday, April 8

8:30-10:30 1st National Bank
1:00 Bus to WalMart

Saturday, April 9

2:30 Bus to ISU Bands, Ames City
Auditorium



Health & Wellness

DAILY EXERCISE

Exercise, Green Room, M-F 8:30 am
Check out the Exercise Videos on the
NC Website, Resident Section!!



Podiatry Clinic by appointment:

April 13 July 13 October 19



Hearing Aid maintenance:

April 5 (1st Tuesday of every month)



All health appointments are held in the
Providers' Room

Sunday Dinner April 3, 12:30 p.m.

Baked Turkey with Gravy
Long Grain & Wild Rice
Sunshine Carrots
Watermelon
Cherry Pie



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Exercise, GR Mon-Fri, 8:30 am</p> <p>Game Night, LIB Thursdays, 6 pm</p> <p>1'st Nat'l Bank Fridays, 8:30:10-30</p>					<p>1 Walking Challenge Celebration! 12:00 Walkers Lunch 12:30 Award Ceremony  1:00 N WalMart 7:00 Bus to <i>Double Wide Texas</i>, ACTORS</p>	<p>2 1-4 Open House at ISU Farm House and Christian Petersen Museums on ISU Campus, Bus at 1:00 pm</p>
<p>3 1-4 Open House at ISU Farm House and Christian Petersen Museums on ISU Campus, No Bus</p> <p>7:00 Sunday Series, Hank Kolar, Grand Room</p>	<p>4 9:00 Fareway</p> 	<p>5 9:30 Coffee, Parkway hosts 1:30 Hearing Aid Maintenance</p>	<p>6 10:00 BP Clinic 10:00 Book Club, LIB 11:15 Bus to Clouds for lunch 3:00 ALDI's</p>	<p>7 Kiwanis Paper Drive 10:00 Writers' Group 9:45 Bus to O.W.L.S. 4:00 LaVone Newell, piano, GR</p>	<p>8 1:00 N WalMart</p>	<p>9 2:30 Bus to ISU Concert & Campus Bands, City Auditorium</p>
<p>10 1:30 Bus to <i>Double Wide Texas</i>, ACTORS 7:00 Bus to Piano Student Recital, MET</p>	<p>11 9:00 Fareway 2:00 NC Stitches Meeting</p>	<p>12 9:30 Coffee, Parkway hosts</p>	<p>13 Podiatry Clinic, by appt 10:00 BP Clinic 2:30 Spring Garden Tea, by RSVP, Grand Room 3:00 ALDI's</p>	<p>14</p>	<p>15 10:30 Friday Chat—Fraud Seminar with 1st National Bank, Grand Room 1:00 N WalMart</p>	
<p>17 EASTER SUNDAY</p> 	<p>18 9:00 Fareway 6:30 Mixed Bridge</p>	<p>19 9:30 Coffee, Parkway hosts 6:30 Bus to The Goldfinch Rm, Stephens</p>	<p>20 10:00 BP Clinic 3:00 ALDI's 5:30 Volunteer Appreciation Event, Grand Room</p>	<p>21 Kiwanis Paper Drive 10:00 Writers' Group 4:00 LaVone Newell, piano GR 4:00 Alzheimer's Support Group, FR</p>	<p>22 10:30 Friday Chat: Historical Museum: <i>Strong Ames Women</i> 1:00 N WalMart 3:30 Bus to Reiman Gardens 7:00 Bus to Town & Gown, 1st Methodist Church</p>	<p>23</p>
<p>24</p>	<p>25 9:00 Fareway 3:00 Memory Café, Northminster Presbyterian Church</p>	<p>26 9:30 Coffee, Parkway hosts</p> 	<p>27 10:00 BP Clinic 3:00 ALDI's 6:30 Bus to Ames History Lecture, Public Library</p>	<p>28 10:00 Bible Study, LIB Music Walk Downtown</p>	<p>29 9:30 Residents' Council Mtg., Grand Room 1:00 N WalMart</p>	<p>30 8:30 Bus to a Walk in the Woods, Robison Wildlife Acres</p>

ANNOUNCEMENTS

Tuesday Coffees

On April 5, Parkway will host. **Please continue to bring your own mug.** If you prefer to join via Zoom, watch for an email invitation, or use



<https://us02web.zoom.us/j/82722193489>

Birthday Wishes

April 2: Eileen Klonglan
April 2: Shirley Hillebrand
April 3: Sue Simmons
April 6: Lee Smithson
(Please let us know if we miss anyone!)



Northcrest, INC. Annual Mtg video

The video of the Annual Meeting is available for you to watch on our website. Please follow the steps listed below to get to the video link.

1. Login into the Resident Portal
2. Click on "Resources and Links"
3. Click on "Northcrest Videos"
4. Click on "Northcrest, INC. Annual Meeting March 23, 2022"

A huge Thank You to Steve Coon for recording and editing the video. Steve has done a wonderful job and we could not be happier with the result.

April Sunday Series Talk



April Sunday Series will be presented by Hank Kolar on his trip floating down the length of the Mississippi River in a canoe. Apr 3, 7:00 pm, Grand Room.

Hat Making Workshop

Back by popular demand—one more workshop to decorate a hat or make one from scratch! Bring scissors, own materials, glue gun. Many supplies will be furnished. Call Ruth Ornberg with questions. Fri, Apr 8, 1:00 pm, Social Room.



Spring Garden Tea

Wednesday, April 13, 2:30 pm

Reservations are closed due to the overwhelming response.

Names are being taken for a waiting list.

Contact Diane Oppedal
dianeopp@gmail.com
515-233-2300



Needed: Tea Pots

We plan on a display of teapots at our Spring Garden Tea. They are only for display and will not be filled with water. If you would like to share a favorite teapot or two, please **contact Laura Shanks** for details. 515-232-6301, laura.shanks34@gmail.com

Spring Tea Table Decorators

Those who have volunteered to decorate tables for the Spring Tea are asked to meet for updates and last minute details. Tue, Apr 5, after Tuesday Coffee around 10:30 am. Social Room

Did you lose a Ring?



Were you in the Crest last week, and lost a ring? Identify at the Front Desk if you did. We have an extensive Lost & Found Dept.!!

Senior Variety Show Auditions

Calling all Senior performers! Show your act on Sat, April 2, 12:30—4, Northminster Presbyterian. Show is August 19 & 20.

KNUT'S KNOTES

The siding work on the 2305 Northcrest Parkway building is scheduled to begin next week. They will be delivering their lifts on Monday and the siding crew will start on Tuesday, April 5th. The project is scheduled to take 5 - 6 weeks to complete.

PLACES TO GO

ACTORS: *Doublewide Texas*

Trailer park hilarity at its best.



Buses available on

- Fri, Apr 1, 7:00 pm.
- Sun, Apr 10, 1:30 pm



Live-streaming is available at actorsinc.org for \$23.95.

ISU Museums on Campus

1-4 Open House at ISU Farm House & Christian Petersen Museums on ISU Campus. Sat, April 2 Bus at 1:00 pm.

ISU Music Department Webcasts

Sun, Apr 3: **Lyrca** choir ensemble, 4:30 pm.
Ames Piano Quartet, 7:30 pm

Go to <https://www.music.iastate.edu/>
Click on the Recital Hall Webcasts button

ISU Campus & Concert Bands

Listen to great band music at the Ames City Auditorium. Sat, Apr 9, Bus at 2:30 pm.

ISU Piano Recital



Those of you who know Mei-Hsuan Huang, will enjoy her students' performances. Sun, Apr 10, Bus at 7:00 pm. This will also be live-streamed. See above.

O.W.L.S.



Ty Smedes presents on one of his 8 African Safaris. Thu, Apr 7, Bus at 9:45 am.

Upcoming Friday Chats

- April 15: Fraud Seminar presented by First National Bank
- April 22: Ames Historical Museum presents *Strong Ames Women*

Snow Drops as seen in Pat Girton's front yard... First flowers of Spring!!!



Lovely Ladies of Northcrest

Enjoy the newest exhibit on our Art Gallery Wall—Try to identify without looking at the list first! Doesn't that smile look familiar?!

Reminder on the 2300 Front Door

The door is set on a timer to open automatically at 8:30 am and lock at 8:30 pm. If you are scheduling a meeting or gathering before or after those times, you will be unable to enter. We don't want you marooned outside—plan accordingly!



The CREST!

Starting April 6
The Crest is NOW open every
Wednesday, Thursday & Friday
12:00--2:00 pm
4:30—7:00 pm



The Crest menus are on the Northcrestcommunity.org website, under Resident Login, Resources & Links!

Remember you can order take out!

Stop by & place your order, or call during open hours at 515-232-6760, ext. #7140.

Wednesday Special



April 6:

Stuffed Baked Potato

Choice of Chili or Broccoli & Cheese and topped with Bacon, Sour Cream, Green Onion & Cheddar Cheese, \$7.95

Soup of the Day

Wed & Thu: Potato Soup

Friday: Chili

The Crest Gift Cards are available!

Purchase at the Front Desk.

Pick-up times for Regular Daily Meals at the 2300 Front Desk:

Lunch, Monday- Saturday: Sign up by 10:00am

Lunch is Ready For Pick Up at 2300 entry at 12:00 pm

Sunday Lunch: Sign up by 6:30 pm Saturday.

Lunch is ready for pick up at 2300 entry at 12:30 pm

Need the Kitchen? New Extension

After calling 232-6760, please dial **Extension #7212** or choose **option 4.**

Sunday, April 3

Lunch: Baked Turkey with Gravy, Long Grain & Wild Rice, Sunshine Carrots, Watermelon, Cherry Pie

Monday, April 4

Lunch: Grilled Chicken Sandwich with Lettuce, Tomato & Onion, Mayo on the Side, Potato Chips, Cottage Cheese with Pineapple, Strawberry Float

Tuesday, April 5

Lunch: Hot Beef Sandwich, Mashed Potatoes & Gravy, Peas & Onions, Fresh Fruit, Oreo Parfait

Wednesday, April 6

Lunch: Fish Tacos, Black Bean & Corn Salsa, Citrus Fruit Salad, Pecan Bar

Thursday, April 7

Lunch: Chef Salad with Ham, Turkey, Cheddar Cheese, Mozzarella Cheese & Sliced Egg, Dinner Roll, Peaches, Carrot Cake

Friday, April 8

Lunch: Mushroom & Swiss Burger with Garlic Mayo on the Side, Onion Straws, Pickle Slices, Strawberries, Ice Cream Sandwich

Saturday, April 9

Lunch: Orange Chicken with Fried Rice, Green Beans, Egg Roll, Cherries, Brownie


hello
Spring 

